NATUROPATHY

Manifesto of the

BRITISH NATUROPATHIC ASSOCIATION

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FOREWORD

This booklet contains an outline of the principles of Naturopathy and some information about the work of the British Naturopathic Association, referred to later as the " B.N.A."

Naturopathy represents the soundest hope for the sufferer from disease. It points the way to the successful treatment of common functional disorders, and to the relief and prevention of destructive organic diseases. The success of Naturopathic treatment lies in the fact that it is essentially a system of **Health Building** and does not deal merely with the relief of symptoms. In short, if one builds health, disease goes!

The steady increase in disease should command from thinking people a sympathetic hearing for any point of view which has practical simplicity and common sense to commend it.

The solution to the problem of disease will be found through that point of view which sees health not as the absence of disease but as a state of positive well-being.

Any system of healing which neglects any one of Man's planes of living—spiritual, mental or physical—cannot solve the problem of disease. A disturbance in any one of these will upset the harmony of living which is true health.

Healing implies not only the removal of the cause as well as the symptoms of disease, but also instruction and education, so that the individual can be helped to attain a much more healthful level of living, thereby making the incidence of disease a much more remote possibility.

The point of view herein expressed is opposed to that which envisages the treatment of the physical body with suppressive drugs and surgery, and seeks to control disease, rather than to release for their beneficent work the body's stored-up forces of healing inherent in us all.

The first step towards health must be the restoration of normal bodily functioning. The principles and techniques necessary to achieve this end are outlined in the following pages.

NATUROPATHY

Naturopathy is the system of treating human ailments which recognises that all healing depends upon the action of the vital curative force within the human organism. The healing of wounds and the repair of broken bones are universally recognised as manifestations of this self-restorative power of the body. Few people, however, realise that acute conditions such as vomiting, diarrhoea, boils, influenza and fevers are in most cases indications that the healing force is applying itself to the task of removing obstructions to normal functioning of organ or tissue.

Naturopathy always seeks to discover and remove the basic causes of " dis-ease " whether they be:

(a) Chemical, *i.e.* abnormal composition of the blood and other body-fluids due to faulty eating, drinking, breathing and elimination. This leads to the retention of waste-products and other irritants, which is one of the fundamental causes of ill-health.

(b) Mechanical, *i.e.*, structural abnormalities such as spinal malalignment, muscular tensions, strained ligaments and stiff joints resulting from accidents or injuries, or postural derangements due to occupational factors, etc.

(c) Psychological, *i.e.*, impaired functions induced by destructive emotions such as fear, anger, hatred, etc., or by other psychological causes, *e.g.* vocational or other frustrations, inhibitions, anxiety, etc., affecting the physical organism as a whole.

The wholeness of the human organism is recognised by Naturopathy, which contends that acute disease is a manifestation of the action of the Healing Force within the organism, and that true cure lies in the discovery and removal of abnormalities, rather than in the unintelligent suppression of symptoms by drugs, vaccines, sera, and surgery, as in the removal of enlarged tonsils, for example. Such suppression of natural, acute, healing efforts may be wholly responsible for the appearance of chronic diseases such as asthma, arthritis, rheumatism, bronchitis, and many other " difficult " complaints.

Naturopathy recognises the operation in human life of the natural law of Cause and Effect—"whatsoever a man soweth that shall he also reap"—and thus offers not only a sane and co-ordinated system of health restoration, but also a manner of living which will *maintain* the greatest possible degree of physical and mental well-being.

Finally, Naturopathy does not countenance the use of any suppressive medicines, vaccines, drugs or sera, but upholds firmly the ancient contention of Hippocrates that "Nature alone heals." The unpleasant symptoms of violent elimination which often accompany fevers and sickness, and which occur frequently in acute disease, are regarded as Nature's efforts to remove harmful matter from the organism. They are recognised as vital reactions producing valuable and beneficial "house-cleaning" effects. The qualified Naturopath is competent to apply such measures as will aid the natural processes of healing.

Volumes could be, and have been, written upon this concept of Health and Life; upon the success which has been achieved by application of the principles and practices of Naturopathy, but it is sufficient to say in this brief booklet that to the millions of those uncured, Naturopathy brings a message of hope—of new health —of new life.

THE BRITISH NATUROPATHIC ASSOCIATION

The Association exists to bring together all persons properly qualified to engage professionally in the practice of Naturopathy.

It has established a system of healing which can ensure improved health for all people. It makes no claim to a monopoly in the wide field of healing and welcomes to its membership practitioners of Natural Healing (as herein outlined) who are capable of passing the Entrance Examinations and satisfying the requirements of the Council of the Association.

The B.N.A. believes that the principles of Naturopathy must become the basis of all systems of healing and should in time completely replace the existing orthodox system which concerns itself with the relief of symptoms only, achieving at best a state of pseudo-health. The Association believes that while providing remedies to relieve suffering is a noble work, much more must be done. Suffering must not only be relieved, it must be avoided. The propagation of the Naturopathic philosophy will promote these ideals.

NATUROPATHIC METHODS

All members of the British Naturopathic Association have given a solemn undertaking to accept the following Definition of the Basic Essentials of Naturopathic Practice:—

(a) The recognition of the unity of disease and the treatment of the patient—not the symptoms.

(b) The recognition that acute disease is a manifestation of the Vital Force working towards health, and, therefore, not to be suppressed.

(c) The use of dietetics, fasting, light, water, exercise, psychological and structural adjustment as primary essential factors in the treatment of acute and chronic disease.

These may be supplemented by other methods recognised by Naturopathy.

It must be emphasised that the above are the basic essentials which distinguish the practice of Naturopathy from that of other systems. Members may use any supplementary therapy, within the scope of the Naturopathic concept, but they must comply with the biological laws related to the human organism and its functioning.

DIAGNOSIS

Although the Naturopath recognises the unity of disease and treats the organism as a whole, it is nevertheless most desirable that the examination of the patient shall be competently executed and that every avenue shall be explored for the discovery of the factors causing the disability. The methods of diagnosis employed by Naturopaths are similar to those employed in medical practice. In addition, and perhaps more important, Osteopathic or Spinal Diagnosis is used, which enables practitioners to locate and identify causes of functional derangements not to be found by other methods of examination. Additional means of diagnosis are employed by some Naturopaths.

DIETETICS

The art and science of dietetics may be regarded as the cornerstone of Naturopathic Practice. Healthy tissues cannot be built from deficient foods. No amount of physical exercise or the pursuit of methods of "right thinking" will yield the highest degree of health if the food eaten be of an unsuitable nature. It must not be assumed that food is the primary consideration in *every* case, but it is in many. The foods intended by Nature for man are not refined, artificially preserved or concentrated like those normally consumed nowadays by civilised human beings. Therefore, a return to health demands a return to foods very largely as Nature provides them. This does not mean that only raw foods should be eaten, but it does mean that cooked, refined and concentrated foods must be largely avoided and that the dietary should consist chiefly of natural, unspoiled foods, such as fruits, vegetables, cereals, nuts, dairy produce, etc. Naturopaths

emphasise the need for the change from an unbalanced dietary to one graduated to the need and capacity of the patient. The first simple steps in the direction of right feeding usually bring immediate benefit. In many cases the whole outlook of a patient—who may have had years of illness—is altered in a few days and new vitality is experienced.

The conventional dietary is too rich in foods which fill without feeding, leading to a retention of waste matter in the system. The retained substances accumulate until they give rise to one or more of a multitude of symptoms. The patient endures increasing pain and distress and becomes progressively weaker. This prompts the forcing of the appetite on the principle that he " must eat to keep up his strength," an idea which still prevails, despite the evidence that most people become weaker on their increased ingestion of food. A body already burdened with an excess of nutrients cannot possibly be made well by increased nutrition. The weaker the body, the weaker the digestion. The primary need in the restoration of health is to build up a reserve of vital energy. This, in some cases, may necessitate temporarily a complete rest of the alimentary functions through the medium of curative fasting.

FOOD

In both lay and professional circles the subject of natural, health-giving foods is too much neglected.

Far-reaching research carried out during recent years, confirms the importance of the conditions and methods of cultivation of the soil upon which food is grown. The use of artificial fertilisers and the failure to observe the natural " law of return " result in soil deficiencies, which are then manifested in diseases of plants. Modern agricultural practice employs poisonous sprays as remedies and preventatives, resulting in products which are low in the life-giving elements essential for the full and healthy maintenance of animal and human organisms. It has been truly said that "health begins in the soil," and so Naturopathy attaches due importance to rational and natural

"organic" husbandry as an essential condition of human well-being.

The B.N.A. deplores the inadequate and misguided training and instruction now given to children in matters of health, and maintains that they should be instructed in the need for simple, whole foods, fresh air and water, and proper exercise, as the primary factors in health promotion. The feeding of children on "deficiency" foods must lead to a failure of their health sooner or later. A *healthy* race must be visualised and all efforts used to make it a reality. Healthy people are usually peaceful, industrious and happy.

FASTING

Rightly understood and employed, where indicated, there is no better method of speeding the recovery of health than through the medium of curative fasting. This does not mean that it is necessary, or even desirable, for every patient of a Naturopath to go through a period of fasting. Good results can often be achieved by means of dietary adjustments.

As much misunderstanding exists in regard to fasting, it must be pointed out that the fasting therapy provides a digestive or physiological rest, during which the body is enabled to devote all its energies to eliminating accumulations of waste matter from the system. **It is not starvation in any sense of the word.** During a fast, fruit or vegetable juices are usually prescribed for the patient, with the object of promoting the dissolution of toxins accumulated in the system. Other physical measures—described later—are used to further the processes of elimination and reconstruction. In a chronic condition of ill-health, a fast of merely two or three days' duration will frequently achieve a surprising degree of improvement. In many cases, the effect of the fast or the eliminative dietary is enhanced by the cleansing of the bowel. This is a feature of Naturopathic practice and is usually carried out by means of enemas or colonic lavage. These are simple and safe, and Naturopaths give their patients directions for the home use of the enema when necessary. The cleansing of the bowel prevents the absorption into the system of toxins from uneliminated faecal matter.

MANIPULATION

Manipulation—which term includes Osteopathic, Chiropractic and Neuro-Muscular techniques—is a somewhat new art and differs radically from ordinary massage. Manipulation is applied to the spine and other parts of the body.

The spinal cord is an extension of the brain and a vital part of the body. It is encased in a column of bones known as the spine or back-bone. Each of these bones (vertebrae) is joined to its neighbour by a cushion of cartilage and a group of muscles. Because of the postural, traumatic (accidental) or other causes, the cartilaginous cushions are often compressed and so cause too close an approximation of two adjacent vertebrae. Further, lack of tone in the spinal muscles may produce a disturbance of correct spinal alignment. Both of the foregoing conditions may cause in turn interference with the mobility of a joint or joints. These foregoing conditions tend to produce further troubles, because at each joint a pair of nerves leaves the spinal cord to connect an organ or other tissue-structure with the brain. Full control of any organ by the brain demands complete freedom from interference with the lines of communication—in this case, the spinal nerves. The alteration of tone in the musculature of a joint may be produced by a variety of causes. It is often brought about by general bodily weakness caused by wrong habits of living.

While medicinal measures may relieve temporarily the distress of the organ concerned, they cannot remove any disturbance with the integrity of the spine. Many people have one or more faulty joints in their spines (referred to as "spinal lesions"). Many headaches are due to one or more of these lesions occurring in the upper spine. The correction of such lesions has cured many cases of violent headaches which have resisted all other methods of treatment. This correction is made by " spinal manipulation."

Manipulation is also applied to other joints of the body with equally good results. This is especially so in the case of foot troubles. Artificial supports, while temporarily aiding the weak joints, make restoration of

normality impossible. Manipulation restores the position of the bones and builds up the supporting ligaments, etc., and combined with the right diet and suitable exercises may lead to a permanent cure.

Naturopathy embraces the correction of all causes and does not rely on manipulation alone. While manipulation will correct faulty anatomical relationships, it cannot educate the patient to new ways of living which, barring accidents, will make further faulty relationships impossible. Therefore, a complete cure must include the use of other factors outlined herein.

HYDROTHERAPY

Water has been used as a curative agent from time immemorial. It is used by Naturopaths in many ways, both internally and externally. Its uses take the form of packs, compresses, plain and medicated baths, vapour baths, sprays, douches, etc. Hydrotherapy is of value in most cases of disease, and in all feverish conditions the right use of water is attended by remarkably effective results.

DEEP BREATHING AND EXERCISE

To live means to breathe and move. Food provides the necessary building and repair materials that are utilised by the Vital Force, but the Force itself is derived from a combination of all the natural stimuli, Food, Air, Sunshine, etc. Fresh air and movement play such an important part in helping the body to express energy that an understanding of deep rhythmic breathing and constructive exercise is essential in many cases.

Every process in the body depends on breathing and it is not an exaggeration to say that every process can be improved by the cultivation of full, natural breathing. The Naturopath instructs his patients in the art of breathing properly whenever this is necessary.

PSYCHOLOGY

Recognising the unity of the human organism and the indivisibility of body and mind, Naturopathy seeks to apply in the realm of psychology the same principles which have been proved on the physical plane—namely,

the discovery and removal of *cause*, rather than the treatment of symptoms. Naturopaths do not normally use the orthodox method of "analysis" and many practitioners are now using a more recently introduced and efficacious technique conforming to the Nature Cure principle of elimination. This technique recognises the "body-mind" concept and seeks, by the removal of physical tension, to release the psychological causative factors. In all cases, Naturopaths realise the importance of constructive, rather than destructive, thinking and are alive to the changes in social and economic orders which are necessary to relieve man of unnecessary and unnatural physical and psychological strain and frustration.

ELECTRICITY AND MAGNETISM

These forces enter into the foundation of all physical structures and play an important part in all physical and nervous symptoms. Naturopaths may employ many forms of electrical treatment in conjunction with the essential methods already outlined.

MEDICATION

As has already been indicated, general drug therapy, toxic injections and vaccines are not approved by Naturopaths, but some may make use of herbalism, homoeopathy and biochemistry as they may consider necessary. These are employed to improve the basic condition only and not to suppress symptoms. With most patients the essential Naturopathic measures already outlined in page 5 are all that are required for successful treatment.

INFECTION

The Naturopathic approach to infection emphasises the patient, unlike the orthodox approach which emphasises the germ. Should the natural resistance of the patient fall, due to wrong habits of living, then micro-organisms which can live on and in the body quite normally without any harmful consequences whatever, may multiply and produce toxic matter. This is added to the already accumulated wastes from the

patient's own body. Such a sudden rise in waste matter may result in a typical " disease " condition. The natural reaction of the patient is to neutralise or eliminate these wastes and to reduce the number of germs. Inflammation and fever are the methods used by the body for these purposes and Naturopathic treatment is designed to assist and encourage these defence reactions to function optimally. The successful termination of such conditions as scarlet fever, measles, diphtheria, etc., with no unpleasant after-effects, has proved the effectiveness of Naturopathic methods time and time again. Right living and thinking will result in healthy tissues, which are the best defence against the action of malignant germs.

SURGERY

This is not a Naturopathic measure, but it is agreed that there are occasions when surgery is necessary. It must be stated, however, that Naturopaths declare that a large number of surgical procedures are avoidable. If, in many cases, Naturopathy was used instead of a surgical operation, the health of the patient would be restored. Many persons find, after an operation, that similar or other symptoms arise, indicating that the *cause* of the trouble was not dealt with. A patient with a certain type of spinal lesion may develop tonsillitis. The tonsils cannot function normally owing to the disturbance of associated nerves in the upper spine. The surgeon removes the tonsils for reasons which are the subject of deep controversy within the medical profession, but which are not logical to Naturopaths. The patient recovers from the operation often later to have further throat trouble, probably including " adenoids," which in their turn are removed. Thus is the body robbed of valuable parts of its essential structure. Time and again Naturopaths treat successfully inflamed and congested tonsils without surgical measures. Once the nerve supply to the throat is restored in full and debilitating habits eliminated, the natural healing power of the body restores normality.

A word may be said here about tooth decay and dental surgery. Dental treatment cannot prevent teeth

decaying any more than spectacles can prevent weak sight. Both tooth decay and defective vision are by-products of our general ignorance of health matters. It may even be said that they are the direct result of medical short-sightedness in the past. Teeth decay because of faulty nutrition, and whilst it is advisable to have the teeth attended to, it is much more necessary to give attention to correct feeding. Sound teeth and sound vision should and would be the rightful possession of all—and for most of their lives—if sane habits of living were adopted. Naturally this ideal state cannot be established in one generation, but it must have a beginning.

SYMPTOMS OF DISEASE

These can vary with every individual. A man is not merely a physical being, but a combination of spirit, mind, emotion and body. Therefore, each person is different from all others. Symptoms are not the *chief* concern of the Naturopath. As health-building measures are put into operation the symptoms change and disappear. Diseases will never be eradicated by the use of "remedies" designed to exert a specific influence on their symptoms. Pain can certainly be relieved by narcotic drugs, but while the pain (the symptom) may vanish, the original cause of the pain will still be present to produce a recurrence of the same or other symptoms later. Combative treatment of the body is futile, as the hospitals crowded with "chronics" so pathetically denote. It is the failure to appreciate fully the early symptoms of disorder which makes deep-seated and chronic disease possible. We see in manifestations of acute disease the whole of the energy of the body turned to the work of rapidly eliminating toxic encumbrances. During that crisis (such as a cold or other feverish condition), the Vital Force dominates the situation and compels the patient to submit to its demand. It is at this critical stage that the Naturopathic understanding of disease is extremely valuable. The Naturopath interprets the body's intention and collaborates with it. The result, in most cases, is a rapid and complete eradication of all, or most, of the preceding symptoms and the elimination of the con-

gesting matter which made the crisis necessary. The body regulates all its processes according to the way in which we—the ruling intelligence—act. By knowing more of the body's needs and functions, we can so regulate our manner of living and attitude of mind that we can avoid most of the ills with which humanity is at present afflicted.

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